



REGISTRATION FORM
BECOMING AN OUTDOORS-WOMAN IN MICHIGAN
February 24-26, 2006, Bay Cliff Health Camp
Big Bay, MI

Register early! Workshop space is limited, first registered – first enrolled. Only one person may register per form. Please photocopy for additional registrations. NO registrations will be accepted by telephone, fax or at workshop! Send completed registration and fee made payable to MI DNR to Department of Natural Resources, Attn: BOW, 1990 US 41 South, Marquette, MI 49855.

Name

Phone Number (daytime)

Address

City/State/Zip

E-mail Address (optional)

Special Dietary needs (please state): _____

The applicant, by signing below, recognizes that the program involves some risks and takes responsibility for all action or injury that may result from participating, and releases the State of Michigan and its agents and instructors from any and all liability for such injuries.

SIGNATURE _____

Release name/phone # for carpooling purposes

____ Yes ____ No

****Ski Rental Needed?** ____ NO ____ YES --- Weight ____ Height ____ Boot size ____

(There is an additional charge of \$15, if rental is needed-for Skijoring or xctry skiing class)

Do you have a physical disability? (please state): _____

State your **Shirt size** – Small ____ Medium ____ Large ____ Extra Large ____ XX – Large ____

Roommates: randomly assigned, unless requested (no more than 4 names) _____

Listed below are the workshop offerings. Please select and **prioritize your top (4) four choices** of the sessions you would like to attend, with the sessions ranked as number 1 the most desired, and number 4 the least desired. The organizing committee will do its best to ensure that as many participants as possible are enrolled in their top **three (3) choices**.

____ A. Cross Country Skiing**

____ B. Dog Sledding

____ C. Snowmobiling

____ D. Reading Winter Woods
on Snowshoes

____ E. Skijoring**

____ F. Outdoor Photography

____ G. Walking Stick

____ H. Ice Fishing

____ I. Winter Shelters

____ J. Fly Tying

____ K. Outdoor Cooking

____ L. Beginning GPS

____ M. Journal, Sketch
& Landscape

____ N. Winter Trapping

This year's fee is \$160. Fee includes instruction in all sessions, program materials, use of demonstration equipment, all meals and lodging, unless otherwise noted. Classes are held both inside and out, dress appropriately for the weather. **Cancellation deadline is February 1, 2006. If you cancel before February 1, 2006, you will receive a full refund. If you do not attend or if you cancel after February 1, you will be assessed the full program fee, however if your slot can be refilled from the waiting list, a full refund (less \$25 processing fee) will be made. You may send a substitute if unable to attend, however they must take your classes and notify us ahead of time.**

MUST BE 18 YRS OF AGE OR OLDER TO ATTEND.

The Bay Cliff Health Camp is a non-smoking, alcohol free facility and features a sauna. Participants will need to bring their own personal items. Bathrooms/showers will be shared with other participants. Upon receipt of your registration and full payment, you will be notified by phone/e-mailed a confirmation. Your class schedule will be sent approximately two weeks before the workshop. **Demonstration equipment, will be provided by the instructors, unless otherwise noted.**

Please bring/wear waterproof/breathable snow type pants for classes outdoors to help protect yourself against the elements. Blue jeans are not a good choice when you're out of doors.

DESCRIPTION OF CLASSES

A. Cross Country Skiing – Topics include equipment selection, waxing whys and how-to's, and learning basic skills. This class is for someone; who has never cross-country skied before, who has never taken any formal instruction, or who wants to brush up on their basic skills. *(If you **don't have skis** – please make sure you fill out the information needed on the registration form – there will be an **additional charge of \$15 if skis are needed** – please include with registration fee)*
Instructors – Paul Hannuksela & Frida Waara



B. Dog Sledding - Introduction to the basics of starting up a kennel and the selection of dog breeds. What kind of sleds, equipment used, training, racing, daily handling and caring for the dogs-including feeding, team harnessing and dog psychology. Participants will harness up the teams and head out in small groups to mush along a trail. The class size is very limited and will only be taught on Saturday.

Instructors – Teri Grout & Monica Weis

C. Snowmobiling - Learn the basics for snowmobiling and receive a safety certificate in the process. This class includes a snowmobile ride on an approved course, information concerning rules of the trail, appropriate clothing, riding techniques, basic mechanics, survival tips, and choosing the proper sled. This class **requires home study prior** to the BOW weekend.

You will be sent a snowmobile workbook when your registration is received, and will be required to bring the finished workbook with you to class. If the pre-work is not completed a certificate can't be issued. Items to bring include warm outer clothing or a snowmobile suit and a proper fitting helmet if available.



Instructors – Jane Gordon & Laurie VanDamme



D. Reading Winter Woods on Snowshoes - With a white carpet on the trees and forest floor, animal tracking becomes nearly magical with daily movement clearly visible. Accessing the woods on snowshoes, learn to identify particular animal tracks, look for other signs and maybe happen upon a shed antler in the snow.

Instructor – Steve Waller

E. Ski-joring – It's a wild and crazy experience to be pulled on skis by a harnessed dog. Learn how to train your dog to pull, develop technique, choose equipment, race and feed a working dog. Ski-joring offers an additional travel option for winter camping, fishing back-country lakes, or just to expand your love of running dogs in wintertime. *** You should have some Ski experience to participate in this class. (If you need skis please fill out the information needed on the registration form – there will be an **additional charge of \$15 if skis are needed** – please include with registration fee)** Class size is very limited.

Instructors - Jackie & Jim Winkowski

F. Outdoor Photography – Capturing images outdoors requires special knowledge, skills & patience. Learn basic camera operations, tips & techniques. Bring your camera, plenty of film & photos for critique. Some time will be spent outdoors.

Instructor – Angel Portice

G. Walking Stick – Take a hike, sister! You will design, carve, paint/stain and embellish an “heirloom & folkart” walking stick! We’ll explore line, texture, color, and composition with your walking stick designs. Add an art aesthetic to your physical fitness routine; promote a healthy lifestyle by walking! Experience the success of using simple carving tools. You’re encouraged to bring items for your stick – pins, silk flowers, doll heads, animal heads (toy), shells, beads, old jewelry, ribbon, etc.

Instructor – Margaret Gerhard

H. Ice Fishing - This course is geared to beginning ice anglers, offering numerous tips for fun ice fishing. Learn how lakes change in winter, what to look for when choosing a site and how to set up your ice house. Basic equipment, electronics, jigging techniques, customizing your own gear and bait choices will be covered. Fishing time spent on the ice. Dress appropriately. Waterproof boots are recommended. **A Michigan Restricted Fishing License (\$15) or 24 hour fishing license (\$7) is required.**

Instructors – Brian Brady & Mark Mylchreest

I. Winter Shelters - Discover ideas to help ward off frostbite, hypothermia and how to forage for food and water in cold weather. Learn how to build a tree shelter and a

quinzhee, and discover how to stay warm in the most severe storm or numbing cold. Maybe spend the night in the quinzhee when it's finished! (you will be crawling/digging on your hands/knees and part of the time you will be in very close quarters as you are building the quinzhee). Please dress appropriately. If you would like to spend the night in that shelter, please bring your winter gear & include a winter type sleeping bag & pad!!

Instructor – Greg Jacobs



be discussed and demonstrated, including nymphs, dry flies, wet flies and streamers. Participants will get to “try their hand” at tying flies, which they will be able to take home with them.

Instructor – Kimberly Clark

K. Outdoor Cooking – Learning how to cook on a single burner stove and Dutch oven is essential when out backpacking/camping in the woods. Check out the different types of stoves available, what type of food that you can prepare with them and tips on how to keep your load light when you’re out exploring.

Instructor – Marty Kovarik

L. Beginning GPS – Global Positioning System is a means of navigation that works via satellite to tell you exactly where you are on the face of the earth. Figure out your current location, where you were, where you’re going and how long it will take to get there. Mark a special mushroom picking place, hunting locations, and where you caught the big fish! Keep important locations permanently marked in your hand-held GPS unit so you can go back again and again. GPS Units will be available for this class.

Instructors – Mark Mackay and Terry McFadden



M. Journals, Sketchbooks & Landscape – You may be a writer or visual artist, a beginner or an experienced keeper of journals. The one thing we all have in common is that we all “use” the landscape. One person may write about it, another paint it. Share some techniques in the keeping of a sketchbook. **You will need to bring with you to class** – a journal or a sketchbook with a spiral binding and durable cover. If you are comfortable with watercolor, please bring supplies that can travel easily. A camera is also useful. If you have them please bring: felt tip or ball point pens, graphite pencils and colored pencils, markers, scissors, glue stick. (We will have a few basic supplies on hand).

Instructor – *Melisse Carr*

N. Winter Trapping - Trapping serves two important purposes. First, regulated trapping provides a method for harvesting and using the pelts of furbearing animals. These animals are a renewable natural resource. Second, trapping provides a way to help control the population of certain animals. Trappers must fulfill certain obligations and subscribe to a code of good conduct. The focus of the class will be: traps, general trapping equipment, getting ready to trap, water & land trapping, the role of trapping, in conservation and wildlife management, ethics and responsibilities, and identifying Michigan furbearers. Other topics that we'll touch on will include: skinning, fleshing, stretching, drying, and marketing your fur.

Instructor – *Brian Roell*

SUGGESTED ITEMS TO BRING FOR THE WEEKEND –

Sleeping Bag/Sheets, Blankets/Pillow (some sort of bedding)
Bath Towels/Wash Cloth
Shampoo/Soap
Sunglasses/Sunscreen
Chapstick/Lip Balm
Hat/cap (bring an extra if you have one)
Earmuffs/neck gaiter
Warm Winter Jacket
Pants/outdoor pants/waterproof
Short/Long sleeved shirts
Warm Winter Boots
Socks – bring extra for layering
Slipper/camp shoes for inside
Gloves/mittens (bring an extra pair or two)
Alarm Clock (battery or electric)

Flashlight

Swimwear/Shower Thongs for Sauna
Long underwear
Snowmobile suit/bibs
Earplugs (if you're a light sleeper)

Headlamp – for nighttime walking/activities

Winter sleeping bag & pad – if camping out overnight (Winter Shelter class)

NOTE: Cotton is not the best choice for outdoor clothing (blue jeans, etc). Waterproof clothing of some sort is better for your outer layer

**** Remember to try to pack so you can put on or take off layers depending on the weather**

OPTIONALS

Hand or feet warmers (disposable)
Binoculars/Compass/Camera
Ice Fishing Pole
Personal items/Kleenex/medications
Clothesline/Clothespins (to hang up any wet clothes)
Deck of cards/books
Personal cooler (beverages/snacks for evening socializing)
If you have your own snowshoes, cross country skis feel free to bring your own **(please mark them in some way so they do not get mixed up with our rentals!!)**

PLEASE REMEMBER THE BAY CLIFF HEALTH CAMP IS A NON-SMOKING, ALCOHOL- FREE FACILITY

****PLEASE NOTE** –The sauna is also open for our use. There is no showers/bathroom in sauna building, but there is an open changing area.

IF YOU ARE PLANNING TO TAKE THE SNOWMOBILE CLASS YOU MUST HAVE WARM CLOTHING –
PREFERABLY A SNOWSUIT/SNOWMOBILE SUIT AND YOUR OWN HELMET.

****FOLLOW THE ORANGE SIGNS** that say “**BOW**” to help guide you to Bay Cliff Health Camp.